



COVID 19 Outbreak: Psychological Impact. (BBA)

TITLE	COVID 19 Outbreak: Psychological Impact. (BBA)
Date	Apr 16, 2020 - Apr 16, 2020
Summary	<p>RDIAS organized a webinar on COVID 19 Outbreak: Psychological Impact , with the objective of bringing awareness with the students on the aspect of the effect of Lockdown and pandemic on mental health of the students.</p> <p>Dr. Tanuja Bhardwaj, Clinical Psychologist from Headspace, shared some changes in behavior which are an obvious response to such a situation. She also highlighted the differences in how everyone handles such situations. From negative thoughts to the point of conflict and aggression, entire range of behavior is obvious in such uncertain situations.</p> <p>Dr. Tanuja explained how to keep oneself busy and not make very high goals for any day. She explained that planning on daily basis is important and not to clutter the schedule. Take one thing at a time.</p> <p>She also explained that spending time with family is important and not to be in one room in isolation is not very healthy. A worldwide situation of panic and hearing about the no of cases increasing on television all day should be avoided.</p> <p>The webinar was conducted through Google Meet ® and was live streamed to BBA students.</p> <p>In the end the host of the event Ms. Shuchi Dikshit, Assistant Professor, RDIAS thanked Madam for her valuable time and insights.</p>